



Vanderbilt Health
at Metro Nashville Public Schools
Employee & Family Health Care Centers

A woman with long brown hair, wearing a denim jacket, is shown in profile, looking upwards. She is standing in a forest with trees that have yellow and orange autumn leaves. The sun is shining through the trees, creating a warm, golden glow. The ground is covered in fallen leaves.

Discover the great outdoors

Get **outside**,
stay well **inside**

Experience the benefits of being in nature.

Spending time outdoors can:

- ✓ Support heart health
- ✓ Lessen stress
- ✓ Boost your immune system
- ✓ Promote bone health
- ✓ Improve sleep
- ✓ Strengthen focus & concentration

Get your personalized nature prescription!

For appointments, click below or call

[Schedule now](#)

615-421-1711